

Daily nutritional requirements while in care-

Grains (cereal) foods 2 serves per day

Vegetables 1-2 ½ serves per day

Fruits 1 serve per day

Dairy/Alternatives 1 serve per day

Lean Meat/Alternatives 1 serve per day

Discretionary 0-1 serve per day

# WEEK 3

## MORNING TEA

w/milk & water

## LUNCH

w/water

## AFTERNOON TEA

w/milk & water

### MONDAY

Fresh fruit  
Raisin toast

Chinese ginger &  
shallot poached fish  
with brown rice &  
vegetables

(Fish, brown rice, sesame, carrot, broccoli,  
ginger, garlic, shallots, oyster sauce)

Fresh fruit  
Vegemite scrolls

### TUESDAY

Fresh fruit  
Weetbix

Russian beef stroganoff  
with pasta and  
steamed vegetables

(Diced beef, onion, garlic, paprika,  
mushrooms, stock, tomato, mustard, pasta)

Fresh fruit  
Ryvita with cheese &  
cherry tomatoes

### WEDNESDAY

Fresh Fruit  
French toast

Italian Pizza

(Tomato paste, cheese, ham/chicken,  
capsicum, mushroom, onion, pineapple)

Fresh fruit  
Carrot & cream  
cheese sandwich bites

### THURSDAY

Fresh fruit  
Wholemeal crumpets

Hearty chicken &  
vegetable soup with  
wholemeal bread

rolls

(Chicken thigh, stock, celery, zucchini, leek,  
carrot, swede, lentil mix)

Fresh fruit  
Blueberry muffins

### FRIDAY

Fresh fruit  
Scrambled eggs on  
toast

Shepherd's pie with  
corn on the cob

(Carrot, celery, tomato, lamb mince, flour,  
stock, Worcestershire sauce, potato, corn  
on the cob)

Fresh fruit  
Mixed platter

At Musgrave Hill Community Children Centre menus have been designed to meet criteria recommended by current Australian Dietary Guidelines and the National Quality Standard. Menus provide a minimum of 50% of the recommended daily intake of nutrients required for each day while in care. The menu is subject to change without notice due to availability of food supply or unforeseen stock supply shortages.

Children in the Nursery room will be offered the same as the older children when developmentally appropriate or at the parents' request; otherwise vegetables such as potato, sweet potato, pumpkin, carrot, zucchini, broccoli or cauliflower are provided in whole form, mashed or pureed.

Late snack each day is wholemeal mini sandwiches